

Refrigerated Food and Power Outages: When to Save It and When to Throw It Out

| Type of Food | Held above 40 °F for more than 2 hours |
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| Meat, poultry, seafood | |
| Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes | Discard |
| Thawing meat or poultry | Discard |
| Salads: Meat, tuna, shrimp, chicken, or egg salad | Discard |
| Gravy, stuffing, broth | Discard |
| Lunchmeats, hot dogs, bacon, sausage, dried beef | Discard |
| Pizza with any topping | Discard |
| Canned hams labeled "Keep Refrigerated" | Discard |
| Canned meats and fish, opened | Discard |
| Casseroles, soups, stews | Discard |
| Cheese | |
| Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco | Discard |
| Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano | Keep |
| Processed cheeses | Keep |
| Shredded cheeses | Discard |
| Low-fat cheeses | Discard |
| Grated Parmesan, Romano, or combination (in can or jar) | Keep |
| Dairy | |
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| Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk | Discard |
| Butter, margarine | Keep |
| Baby formula, opened | Discard |
| Eggs | |
| Fresh shell eggs, eggs hard-cooked in shell, egg dishes, egg products | Discard |
| Custards and puddings, quiche | Discard |
| Fruits | |
| Fresh fruits, cut | Discard |
| Fresh fruits, uncut | Keep |
| Fruit juices, opened | Keep |
| Canned fruits, opened | Keep |
| Dried fruits, raisins, candied fruits, dates | Keep |
| Sliced or shredded coconut | Discard |
| Sauces, Spreads, Jams | |
| Opened mayonnaise, tartar sauce, horseradish | Discard (if above 50 °F for more than 8 hrs) |
| Peanut butter | Keep |
| Jelly, relish, taco sauce, mustard, catsup, olives, pickles | Keep |
| Worcestershire, soy, barbecue, hoisin sauces | Keep |
| Fish sauces, oyster sauce | Discard |
| Opened vinegar-based dressings | Keep |
| Opened creamy-based dressings | Discard |
| Spaghetti sauce, opened | Discard |
| Bread, cakes, cookies, pasta, grains | |
| Bread, rolls, cakes, muffins, quick breads, tortillas | Keep |
| Refrigerator biscuits, rolls, cookie dough | Discard |

| Type of Food | Held above 40 °F for more than 2 hours |
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| Cooked pasta, rice, potatoes | Discard |
| Pasta salads with mayonnaise or vinaigrette | Discard |
| Fresh pasta | Discard |
| Cheesecake | Discard |
| Breakfast foods: waffles, pancakes, bagels | Keep |
| Pies and pastry | |
| Cream filled pastries | Discard |
| Pies: Any with filling containing eggs or milk, e.g., custard, cheese-filled, or chiffon; quiche. | Discard |
| Fruit pies | Keep |
| Vegetables | |
| Fresh vegetables, cut | Discard |
| Fresh vegetables, uncut | Keep |
| Fresh mushrooms, herbs, spices | Keep |
| Greens, pre-cut, pre-washed, packaged | Discard |
| Vegetables, cooked | Discard |
| Tofu, cooked | Discard |
| Vegetable juice, opened | Discard |
| Baked potatoes | Discard |
| Commercial garlic in oil | Discard |
| Potato salad | Discard |
| Casseroles, soups, stews | Discard |

Date Last Reviewed January 28, 2021